

Braised Kale

Ingredients

- 1/2 tsp vegetable oil
- 1/2 tsp butter, without salt
- 1-1/3 oz turkey bacon, low sodium
- 1-7/8 tsp onion, chopped
- 1/8 tsp kosher salt
- 1/8 tsp black pepper
- 17-1/3 cup raw kale
- 7-1/2 tsp chicken stock



Directions

1. Preheat a large saucepan and add oil and butter.
2. Sauté sliced bacon with diced onions and minced garlic for 2 minutes. Add salt and pepper and stir to combine.
3. Add 1/2 kale at a time and stir into the bacon, garlic, and onion mixture.
4. Add chicken broth, cover mixture with foil and braise for 10 minutes. Stir and return covered to the heat for 15 minutes or until kale is thoroughly braised. Taste and adjust seasonings as needed.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 67 calories, 4.19 g fat, 1.14 g saturated fat, 217 mg sodium, 5.13 g carbohydrate, 3.79 g fiber, 1.0 g sugar, 4.01 g protein